

Group Exercise



Schedule: Fall September 12– December 31 All Classes available with Fit Pass!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30			Spin** Sharron		Spin** Sharron		
6:00							
7:00						Spin** Sharron	
9:00	30/30 Cardio & Strength Jana	Express/Beginner Spin Natalie 9-9:30am			Step & Strength Jana		
9:00							
9:30		Spin** Natalie					
10:00	Core Workout (10:15-10:45am) Jana				Core Workout (10:15-10:45am) Jana	Spin** Dawna	
10:30							
11:00	TBC Jana				Ball Class Jana		
11:00					Redmond Fit Pass Valid for classes September 12– January 2 Drop-in: \$7 per class 10 punch card: \$60 R/ \$72 NR 20 Punch card: \$115R/ \$138 NR Unlimited: \$200 R/ \$240 NR Spin Unlimited \$150 R/ \$180 NR		
11:30							
12:00		Spin** Natalie					
12:30							
4:00							
4:30							
5:00					<ul style="list-style-type: none"> You must bring your punch card to each class– no exceptions \$10 replacement fee for lost cards Session registrants will receive first priority for bikes and spots in classes. Some classes may be cancelled due to continual low attendance. Classes with less than 3 people, 5min after the start time will not run for the day. Punch cards will expire at the end of each season. Spin counts as 2 punches 		
5:15							
5:30	Bollywoodics Shub		Bollywood Dance Shub				
5:30	Spin** Sharron		Spin** Sharron				
6:00							
6:30			Spin ** Dawna				
7:00							



All classes 60 minutes unless otherwise noted

**Spin counts as 2 punches

Class Location: **ORSCC**

Register online at www.redmond.gov/register or by calling 425-556-2300

City of Redmond Parks and Recreation

Fall Class Details

30/30 Cardio and Strength:

This high-energy class is a total body workout that incorporates hand held weights, resistance bands, body weight, different types of cardio, and more! The class will be taught in levels, whether you are a beginner or a serious athlete you will get a good workout

Bollyrobics:

Bollyrobics is an excellent cardiovascular workout, with a fun, cultural twist. Using great music, it fuses traditional Indian dance moves with hip-hop, jazz, modern dance and belly dancing into a dynamic, energetic workout that really burns calories. No dance experience necessary!

Ball Class:

Build core strength and body awareness in this hour long class designed to develop flexibility, stamina in every part of your body.

Bollywood Dance:

Learn to dance with popular Indian film songs, ranging from the black and white era to the modern Bollywood style. Dances are available for both male and female dancers.

Core Workout:

Blast your core, increase stability and balance with this 30 minute class focused on strengthening your abdominals, lower back, and legs using a variety of equipment and techniques.

Step and Strength:

Great for first time steppers and more advanced too. Low and high-impact movements performed on and off an adjustable step. Intensity is determined by speed, travel patterns and choreography. Different levels will be shown so you can work on your own level. Step is followed by a total body workout, core included, followed by relaxing stretches.

Spin:

Come take a ride on our New LeMond RevMaster Pro Spin Bikes! You will be led through a simulated outdoor biking experience where the instructor sets the terrain utilizing resistance and cadence for a challenging and motivational group fitness experience. Please bring a towel and water bottle.

Total Body Conditioning for Women:

Does your body need toning or shaping? This hour long women only class could give you a new look without the chisel. We will start with aerobic warm up, then move on to exercises for all major muscle groups, including core muscles. Exercise to music, and end with feel-good stretches.